

# BRING **Girls on the Run** TO YOUR SCHOOL!



## About Girls on the Run

Girls on the Run is a 501(c)3 physical activity-based positive youth development program dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. Girls learn their worth comes from within, that healthy relationships matter and that they can be a force for good in their community through a fun, experience based curriculum that creatively integrates running.

Meeting twice a week in small teams, we teach girls life skills through engaging lessons and fun movement activities. The curriculum is taught by certified Girls on the Run coaches and helps each girl understand and celebrate herself and realize her power to change the world.

During the program, each team creates and executes a local community service project to demonstrate the unimaginable strength that comes from helping others. Finally, at each season's conclusion, the girls and their running buddies complete a celebratory 5k running event that gives the girls a tangible sense of achievement and a framework for setting and achieving life goals.

## Why Girls on the Run Matters

Girls today sort through countless messages about their worth, their image and their abilities. Girls on the Run helps empower them to be the author of their own story and define the future on their terms. No limits, no constraints. Only opportunities to be remarkable.

## Bring Girls on the Run to Your Location

You need a safe outdoor space, like a field or track, for girls to run in and an indoor space, like a gym or classroom, in case of inclement weather. Each Girls on the Run team requires a minimum of eight participants, and the maximum team size is 20.

## Here's What You'll Need

- You! A successful site starts with a committed Site Liaison. The Site Liaison is the link between girls and families, and coaches and the office.
- Recruit a head coach and two assistant coaches for your site. Volunteer coaches must complete certified training prior to coaching any Girls on the Run program.
- Identify an indoor and outdoor space and two non-consecutive days each week for 90 minute practices.
- Complete and submit the Site Application Packet ([www.gotrna.org/Start-Site](http://www.gotrna.org/Start-Site)) by Monday, April 3, 2017. We will then follow up with you about starting a Girls on the Run

## GOTR Girls

- Develop and improve social, emotional and physical **competence**
- Feel **confident** in who they are
- Develop strength of **character**
- Respond to others and oneself with **care** and compassion
- Create positive **connections** with peers and caring adults
- Make a meaningful **contribution** to their community

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To learn more about bringing  
Girls on the Run to your school,  
visit [www.gotrna.org](http://www.gotrna.org).

